

ABOUT US

The formation of Mindful Roots stemmed from a fun and collaborative project initiated by 3 forward thinking female physicians. Our diverse backgrounds make for the foundation (and thus roots) of our practice. Our mindful and careful consideration on what we want to bring to our community is the basis behind our mission.

Our primary focus with our new adventure stems from the identified need in our community to provide both a safe and secure space, in addition to time, to discuss sensitive subject matter. Our goal is to create an open atmosphere to talk about body image, sexual, and pelvic health without judgment. The current focus will be with urinary incontinence, sexual function, pelvic floor relaxation, core strength, body image, aesthetic offerings, and overall wellness. HOW WE CARRY and FEEL about ourselves. We have some exciting tools that we hope will help you.

Dr Daniel, Dr Krouse, and Dr. Parsons

CONTACT US

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Make sure to follow on Social!

@mindfulroots207
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"No you dont have to live with it."



Focused treatments on Body &
Pelvic Floor Strength,
Incontinence, Sexual Function and
Skin Therapy

BEFORE



AFTER **EMSCULPT®**



AFTER 4 TREATMENTS

BODY STRENGTHENING & CONTOURING

We are able to increase muscle in the abs, arms, buttock, thighs, and calves in addition to fat reduction in the abs, chin, arms or other specific areas



INJECTABLES

NEUROMODULATOR(XEOMIN)

for those of you who would like to treat deep wrinkles and loss of skin thickness aggressively. These standard therapies are available. Typical areas targeted are forehead, crows feet, frown lines, marionette lines and lips.

FILLERS

Add volume and fullness to moderate to severe facial wrinkles and folds along sides of nose, corners of mouth, lips and cheeks.



INCONTINENCE & SEXUAL HEALTH

FREQUENT URINATION

Comfortable quick treatment using bulk heating to increase blood flow and tighten up pelvic muscles reducing leakage. This is performed in a series of treatments with no downtime!

DRYNESS / PAINFUL INTERCOURSE

By adding heat we are able to increase collagen production and moisture. This is performed in a series of treatments with no downtime.

VAGINAL LAXITY

Using our Votiva probe we are able to add radio frequency bulk heating to tighten up the interior and exterior of vagina. This is a quick treatment to offer you tightening with no downtime.

SCARLESS LABIAPLASTY

With use of our RF Microneedling Morpheus8 we are able to deliver energy to shrink the labia without the need for surgery.



SKIN REJUVENATION & TIGHTENING

WRINKLE REDUCTION/ SKIN TIGHTENING

Reduce fine lines and wrinkles, tighten skin, and increase collagen production. Series of 3 treatments.

Packages

Face & Neck

Face, Neck & Décolletage

Above the knees or arms

Abdominal Skin Tightening

Bra Roll

Back of Thighs

ACNE TREATMENTS

Eliminate acne through targeted heat below the dermis or diminish scarring on skin's surface.

Packages

Acne Package

Acne Scars Package

STRETCH MARK & SCAR PACKAGE

We target deep through the dermis to diminish appearance of stretch marks or scars. Series of 3 sessions.

Packages

Medium area package - 1/2 Sheet of Paper

Large area package - Full sheet of Paper